

How to Avoid Gaining Weight

Some smokers gain a little weight after they quit.

However, the average weight gain is less than 10 pounds, and many ex-smokers are able to avoid weight gain altogether by eating healthy and increasing their activity level.

After quitting, you'll notice that you have more energy, have increased stamina, and are able to breathe easier. These changes will help you get used to your new healthy look.

In preparation for quitting, try the following suggestions:

1. Stock up on *healthy snacks*.
2. Replace potato chips with crunchy *baby carrots and celery*.
3. Replace candy with almonds, sunflower seeds and other *nuts*.
4. Replace soft drinks with *lots of water* to flush toxins out of your body.
5. Take *fresh fruit* and other healthy snacks with you.
6. Limit yourself to *low-calorie choices* when eating outside your home.
7. *Take your lunch with you to work...*you'll be less likely to buy fattening foods and you'll save money.
8. *Avoid fast-food* restaurants or other 'tempting' places.
9. *Avoid foods and drinks that remind you of smoking*.
10. *Eat slowly and mindfully*. When you eat, *only eat*. Turn off TV and unplug the phone (we are much more likely to overeat when we are multi-tasking). Never eat "on the run" or while driving!
11. Try not to deny yourself an *occasional* food treat...we are much more likely to "binge" when we feel denied that occasional favorite food.
12. Take a *daily walk*, and work your way up to 30 minutes of brisk exercise every day.

The key is *not* to "diet" or cut down on how much you eat, but rather to *make healthier eating and lifestyle choices*.

Extra Tips For Weight Management



- 1.** Treat: Frozen pops in a paper cup - use applesauce, or combination fruit juice and chopped fruit, or just fruit juices. Put wooden stick in center after 1/2 frozen. Enjoy when frozen hard.
- 2.** Treat: Instead of a candy bar or chips, try toasted whole wheat lightly spread with honey.
- 3.** Treat: Chocolate cravings can be satisfied with instant, no-sugar chocolate pudding.
- 4.** If you exercise at least three times per week along with your new dietary program, you will find that weight gain will probably be manageable and temporary.
- 5.** Should you gain more than 5 pounds after quitting, remember that it would take 100 pounds or more excess weight to do as much damage to your body as smoking does. Even with extra weight, you will feel and look better...remember that smoking causes body odor, bad breath, yellowed skin, etc.